

# Protect Yourself Against Pesticides!

- 1. Be careful when handling pesticides. They can make you sick, hurt your eyes, cause skin rashes, and even kill you.
- 2. Do not take pesticides home from work. They may not be safe or legal for home use.
- 3. If you apply or handle pesticides, be sure to wear the protective equipment required on the pesticide label.
- 4. Keep pesticides from getting into your body. Pesticide handlers and field workers, wash your hands before eating, drinking, smoking, or going to the bathroom.
- 5. If you are pregnant, talk to your doctor about pesticides and the risks to you and your baby.
- 6. If you are a mixer/loader, applicator, or laborer, wash your work clothes before wearing them again. Wash clothes separately from other family laundry.
- 7. At the end of every workday, shower or bathe with soap and water, shampoo your hair, and put on clean clothes.
- 8. Do not drink, swim, or bathe in irrigation water. Stay out of posted irrigated areas. There could be pesticides in irrigation water.
- 9. Do not put your hands in your mouth or rub your eyes when you have been in contact with pesticides in irrigation water.
- 10. Some pesticide may remain on fresh fruit and vegetables in the field. Wash fruit and vegetables before eating.
- 11. Keep your children and pets out of the fields where pesticides have been applied.
- 12. Use pesticides safely. Follow label directions.

Wear gloves and other protective equipment that is required on the pesticide label.



## Contact Information

**Department of Health**  
1-888-586-9427  
Olympia 360-236-3360  
Yakima 509-575-2056 or  
509-576-3064

**Poison Control Center**  
1-800-222-1222

**TDD Relay Service**  
1-800-833-6388

Shower or bathe after you apply pesticides at work.



**Public Health – Always Working for a Safer and Healthier Washington**



Office of Environmental Health and Safety  
P.O. Box 47825  
Olympia, WA 98504-7825

<http://www.doh.wa.gov/ehp/ts/PEST.HTM>

For persons with disabilities, this document is available on request in other formats. Please call 1-800-525-0127 (TTY/TDD 1-800-833-6388)



**Dear Colleague,**

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

**Sincerely,**

**Health Education Resource Exchange Web Team**